



Nebraska WIC Program

WIC is one of the federal government's most successful programs. Studies have shown that pregnant women who participate in WIC have longer pregnancies leading to fewer premature births; have fewer low or very low birth-weight babies, experience fewer fetal and infant deaths; seek prenatal care earlier in pregnancy; and consume more of such key nutrients as iron, protein, calcium and vitamin C.

WIC also helps to assure children's normal growth, reduces levels of anemia, increases immunization rates, improves access to regular health care and improves diets. Four and five-year-olds whose mothers participated in WIC during pregnancy had better vocabulary test scores than children whose mothers have not received WIC benefits. Children who participated in WIC after their first birthday had better digit memory test scores than children who did not participate in WIC.

What is WIC?

WIC is a supplement food and nutrition education program for women who are pregnant, breastfeeding, or up to 6 month post-partum, infants, and children up to age of five. It is a short-term intervention program designed to encourage positive nutrition and health behaviors in a targeted, high-risk population.

[VIDEO - Getting to Know WIC](#)

What do I get if I am eligible for WIC?

Women, infant and children on the program receive nutrition and health counseling, education, breastfeeding support, referrals to other service agencies, and nutritious foods such as iron, low sugar cereals, juice, milk, eggs, cheese and infant formulas.

[Physician Authorization Form - Children 1-5 years and Women](#)

[Physician Authorization Form - Infants up to 12 months](#)

Who is Eligible?

You are automatically income eligible for WIC if documentation shows that the individual;
1) receives benefits from either the Food Stamp program, Medicaid, Kids Connection or ADC, 2)
is determined presumptively eligible for Medicaid, 3) a member of a household containing: a) an

ADC recipient, b) pregnant woman or infant currently on Medicaid.

Fathers, guardians or foster parents may apply for WIC for their children.

You are eligible for WIC services if you: 1) live in Nebraska; 2) are pregnant, postpartum or breastfeeding; 3) an infant or child under age five; 4) have a household income that is less than or equal to the income guidelines below:

NEBRASKA WIC INCOME GUIDELINES
Effective May 1, 2015

Family Size

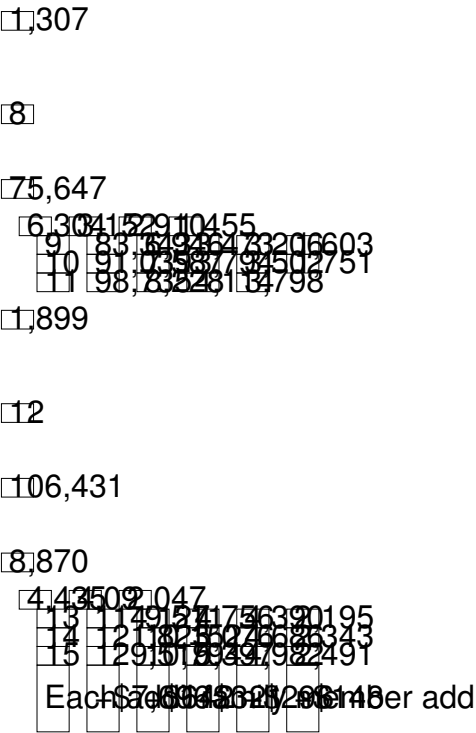
| | Annual Income | Monthly Income |
|---|---------------|----------------|
| 1 | 21,778 | 1,815 |
| 2 | 29,474 | 2,456 |
| 3 | 37,169 | 3,097 |
| 4 | 44,864 | 3,738 |
| 5 | 52,559 | 4,379 |
| 6 | 60,254 | 5,020 |
| 7 | 67,951 | 5,663 |

67,951

5,663

2,832

2,614



Refer to the supplement chart for additional family members.

These income guidelines are 185% of the Office of Management and Budget’s income guidelines (same

What other services are offered at the Health Department?

WIC services in Hall County are provided through a one-stop concept with other services such as the Central District Health Department [Immunization Clinics](#) and the Nutrition Education Program (NEP) through the Hall County Extension Office to reduce barriers and increase access.



WIC offers breastfeeding services?

Our agency is a member of a Breastfeeding Coalition that includes St Francis Medical Center and La Leche. WIC offers four breastfeeding classes a week to their participants, two in English and two in Spanish with an average of 20 women per week attending class. A Breastfeeding Peer Counselor teaches the Spanish classes.

WIC offers extended hours to pick up voucher?

WIC continues to make the program more accessible for working parents by extending hours on our voucher pick-up days.

How do I apply?

Contact the WIC Program by calling:

Grand Island: (308) 385-5188

Central City: (308) 745-0780 ext. 132

Hastings: (402) 462-9242

Loup City: (308) 745-0780 ext. 136 or 137

O'Neill: (402) 336-4298

STATE OFFICE: (800) 736-7491

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